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A Book of

SELECTED RECIPES

By

Mrs. Geo. O. Thurn

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PREFACE

DUE to the enthusiastic acclaim given Mrs. Thurn during her demonstrations at our cooking school in 1932 and 1933 we asked her to furnish us with her own favorite recipes that we might pass them on to you.

We have not attempted to make this a complete cook book but to give you a group of practical recipes that will prove useful to you many days of the year.

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IT IS my wish that this little book be counted as one of your choicest kitchen possessions. Its pages contain my favorite recipes. May you enjoy them as I have.

Mrs George Thurn

"To be a good cook means the economy of our great grandmothers and the science of the modern chemist".

— Ruskin.

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APPETIZERS

Fruit Cocktail—Peel 3 juicy oranges, chip them cut across grain; 1 can sliced pineapple, cut in pieces, use juice; 1 lemon, 1 can apricots and juice; 4 tablespoons maraschino cherries and juice. Put a little finely-chipped ice in each glass. In season use strawberries instead of cherries. This will serve 15 persons.

Oyster Cocktail—1 bottle catsup, juice 3 lemons, 2½ tablespoons Worcestershire sauce, 4 drops tobasco sauce, 4 tablespoons horse radish, salt and cayenne to taste. Put on ice ½ hour. Put 6 oysters in each glass. This will serve 15 persons.

Egg Appetizer—Hard cooked eggs, anchovy paste, toast, stuffed olives, catsup and picalilli. Cut eggs in half length ways, mix yolks with anchovy paste and seasoning; refill whites. Put on buttered oblong pieces of toast. Cover with catsup and picalilli and garnish with olives.

Dexter Canape—Cut slices day old bread in rounds, toast on one side, cover with a slice of tomato spread with mayonnaise. Sprinkle with grated yolks of hard cooked eggs and the chopped white and a sprinkle of minced parsley.

SOUPS

Soups are of two kinds: the heavy rich soups made from stock with the addition of other ingredients and those made with white sauce with the addition of vegetables and the plain thin soups.

For dinners the plain thin soups are served. The heavier soups are served for luncheons and whenever an otherwise light meal is served.

ONION SOUP AU GRATIN

3 slices bread
6 medium-sized onions
3 tablespoons fat
1 quart soup stock or
5 bouillon cubes and 1 quart Water
½ cup grated or strained cheese

Slice onions, and brown in fat. Add soup stock, and bring to boil. Put in casserole. Slice bread ½-inch thick, cut in halves and toast lightly. Float on top of soup and sprinkle with grated cheese. Bake in hot oven, 500 degrees F., 10 minutes or until cheese melts.

SCOTCH BROTH

Use veal or beef for stock. When nearly done, put into the kettle:

1 small onion
1 carrot
1 stalk celery
3 potatoes
½ can tomatoes
Salt and pepper

Strain and add three tablespoons of oatmeal. Cook for 10 minutes. To the proportion of two cups of this stock, add one cup of sweet cream. Bring just to the boiling point and serve.

SOUPS

CREAM OF CORN SOUP

1 can corn
1½ cups water
Salt and pepper to taste
1 stalk celery
1 onion

Cook together until celery is tender. Put through a vegetable press or sieve and add to the following white sauce:

2 tablespoons shortening
2 tablespoons flour
1 quart milk
Salt and cayenne to taste

Serve with a spoon of whipped cream and a sprinkle of paprika.

TOMATO BOUILLON

1 can tomatoes
1 pint water
2 tablespoons sugar
1-8 teaspoon soda
12 peppercorns
2 tablespoons shortening
4 cloves
1 bay leaf
3 tablespoons flour
1 onion
Salt to taste

Cook tomatoes, water and vegetables 20 minutes. Do not add soda and salt until after vegetables have been cooked. Melt shortening; add flour and the mixture after it has been strained. Cook until it thickens.

CREOLE SOUP

1 pint stewed tomatoes, 1 green pepper, sliced thin, 1 pint well seasoned soup stock, 2 tablespoonfuls each shortening and flour, salt and paprika to taste, 1-8 teaspoonful celery salt. Simmer the tomatoes, pepper and stock together for 15 minutes, thicken with flour and shortening together, strain and season.

TOMATO BOUILLON NO. 2

1 can tomatoes, 1 bay leaf, 1 small blade of mace, 2 sprigs parsley, 1 onion, salt, cayenne, 4 cloves, 1 pint white stock (chicken or veal broth). Heat tomatoes slowly with seasoning. Simmer ½ hour. Strain and cool, add stock. Clear by slightly heating the white of one egg and adding very slowly with the crushed eggshell to the cool bouillon, beat with a wire egg beater, then let boil 5 minutes without stirring. Strain through cheesecloth.

CREAM OF MUSHROOM SOUP

1 pound mushrooms and water in which they were cooked
5 tablespoons flour
1 quart chicken broth
1 quart milk
4 tablespoons shortening

Cook mushrooms; chop finely. Make a white sauce of the shortening, flour, milk, broth, and water in which mushrooms were cooked, of which there should be about a cup and a half. Season well.

SOUPS

CREAM OF TOMATO

1 can tomatoes, 1 bay leaf, 1 onion, a few pieces of celery, salt and pepper. Cook together and strain. Into a small sauce pan cook 1 tablespoon fat, 1 large tablespoon of cornstarch, add enough hot milk to make it pour easily. Pour this into 1 quart of boiling milk. Cook until it thickens. Cut 2 tablespoons of butter in bits and add, mixing it well. Add strained tomatoes. Before straining tomatoes add ½ teaspoon of soda. Serve with freshly popped pop-corn.

VEGETABLE SOUP

Boil a soup bone 2 hours and set the stock away until cold after salting lightly. Remove most of the grease from the top and to 1 quart of stock add 1 chopped onion, 1 quart tomatoes, 1-4 cup uncooked rice, 2 small potatoes cut in dice. Boil half an hour, then add 1 teaspoonful each sugar and salt, pinch of pepper, half cup canned peas or corn, and simmer ten minutes.

MEATS

LOIN OF PORK ROAST WITH BROWNED POTATOES

Sprinkle roast with flour, salt and pepper, dot with bits of butter and cut an onion and an apple over it. Let brown in quite a hot oven (400 degrees F.) with roaster cover off. Add about a pint of hot water, put cover on and finish roasting in 350 degrees F. oven. Roast a 5-pound roast about two hours and a half. A 5-pound roast will serve six persons. Heat the potatoes by bringing to the boiling point in hot salted water and put around the roast for the last 40 minutes. Season with salt and pepper. The addition of the apple and onion makes delicious gravy. Make three cups of gravy for a five-pound roast.

VEAL POT PIE

Veal Pot Pie means a veal stew topped with dumplings. Two and a half pounds of veal from shoulder cut in small pieces, put in kettle and cover with cold water. Add an onion cut up finely and let cook until tender. Season well.

DUMPLINGS

2 cups flour
2 teaspoons baking powder
1 tablespoon shortening
1 cup milk
1 teaspoon salt

Sift dry ingredients, crumble shortening in very finely and add milk. Drop the dumpling on top of meat and let cook 15 minutes. After taking out the meat and dumplings add a cup of milk for gravy, thicken and pour over all. Makes a very inexpensive and good meal. Serves five.

MEATS

FRIED OYSTERS

1 pint oysters, drain liquor off and add 1 egg yolk to it, salt and pepper. Beat egg yolk and liquor together and set aside.

To 1¼ pounds of cracker dust, add salt, pepper and 1¼ teaspoons of baking powder. Mix well. Cup your hand cradle fashion, fill with cracker dust, place two oysters, with one heart over the other, in reverse position to have the thick part on each end. Pat tight and dip in liquor and egg and repad. Fry in deep fat. Do not fry in wire basket but turn with wire spoon.

SCALLOPED OYSTERS

1 pint oysters
8 tablespoons oyster liquor
4 tablespoons cream
2 cups bread crumbs
½ cup cracker crumbs
3-4 cup melted butter

Mix bread and cracker crumbs together and stir in the butter. Put a thin layer in the bottom of a greased shallow baking dish. Cover with oysters, and sprinkle with salt and pepper. Add one-half each liquor and cream. Repeat and cover top with crumbs. Bake 35 minutes in 400 degree F. oven. Serve six.

MACARONI AND CHICKEN CROQUETTES

2 cups cooked macaroni
2 cups cooked chicken
2 cups thick white sauce
2 teaspoons chopped onion
Season well with salt and pepper
2 pimentos chopped

Cook the macaroni in the chicken broth. When chicken and macaroni have been cooked and cut up combine with cream sauce and seasoning. Cool and form into croquettes. Roll in bread or cracker crumbs then in egg and crumbs again. Fry in hot fat and serve with Cheese Sauce. This makes 10 good sized croquettes.

PORCUPINES

1 lb. of beef ground
1 tablespoon finely minced onion
2 teaspoons baking powder
3-4 cup milk, salt and pepper
½ cup uncooked rice
1 can tomato soup

Combine ingredients with exception of tomato soup, into 8 or 9 round balls, put into small roaster. Pour tomato soup over the meat balls. Bake uncovered for 35 minutes in 400 degree oven. Cover and bake 35 minutes more. Serves six persons.

HAM MOUSSE

2 cups boiled smoked ham
½ pint whipping cream
½ envelope gelatine
1-4 cup cold water
½ cup hot water
1 teaspoon prepared mustard
1-4 teaspoon cayenne

Soften gelatine in cold water; add hot water. Whip cream stiff and fold in the gelatine mixture when partly set. Add finely chopped ham and seasonings. Put in mold first dipped in cold water. Garnish with lettuce and sliced tomatoes, with mayonnaise dressing. This recipe serves six.

MEATS

HAM LOAF

2 pounds smoked ham
1 3-4 pounds lean pork
2 eggs
1 cup milk
1 green pepper, chopped fine
1 cup bread crumbs
2 tablespoons onion, chopped fine

Mix into loaf. Put in pan and cover with paste made of cracker crumbs (1 cup moistened with milk). Bake in moderate oven one and one-half hours. Serve with mushroom or tomato sauce.

CHICKEN AND NOODLES, EN CASSEROLE

Cook noodles in chicken broth. Dice well-cooked and salted chicken. In a baking dish place a layer of chicken and a layer of noodles until dish is filled, finishing with a layer of chicken. Cover thickly with buttered bread crumbs and bake in oven until crumbs are brown.

This with a relish and dessert makes a very nice after-theatre supper.

LAMB CHOPS, LONDON STYLE

Brown lamb chops on both sides; season well. Pare and slice raw potatoes. Into a kettle put a layer of potatoes, a layer of chops, and a little minced onion. Do this until the kettle is about full; then pour a cup of hot water into the pan the chops were browned in and pour in over the meat and potatoes. Let cook slowly on top burner for one hour and a half. Serve on a chop plate or platter with a border of buttered peas.

HAM CUTLETS

1 cup thick white sauce
1 egg
2 cups finely ground ham
1 teaspoon prepared mustard
1-8 teaspoon cayenne

Sauce:

1 tablespoon shortening
3 tablespoons flour
Season well
1 cup milk

Cook until thick and beat in the egg. Add ham and other seasonings. Let cool. Shape in cutlets; roll in fine bread crumbs, then in beaten egg and again in crumbs. Fry in deep fat for six minutes. Serve with mushroom sauce.

This serves six persons.

MACARONI CROQUETTES

4 tablespoons grated cheese
2 cups boiled macaroni, chopped
½ cup chopped ham

Mix with sauce. Pour on buttered platter and let stand several hours. Cut in squares and fry in deep fat.

Sauce: 1 tablespoon shortening, 1 tablespoon flour, 1-3 cup sweet milk. Cook until thick and season well. This serves four.

MEATS

CHICKEN CROQUETTES

2 cups finely chopped chicken
1 cup thick white sauce (made with chicken stock and milk)
½ teaspoon salt
1-4 teaspoon paprika
½ teaspoon celery salt
½ teaspoon onion salt

Mix seasonings with meat and cream sauce. Let cool and form into cone shaped croquettes. Roll in slightly beaten egg to which 2 tablespoons of water has been added. Then roll in bread crumbs. Set away to chill, then fry in hot fat. Serve with mushroom sauce.

EGG CROQUETTES

3 hard cooked eggs, chopped fine
1 tablespoon butter
2 tablespoons flour
½ pint cream

Make a sauce with the last three ingredients, add eggs to this mixture. Season with salt, cayenne, finely minced onion and parsley. Let mixture cool. Form into croquettes. Dip in egg then in finely rolled shredded wheat biscuit. Fry in deep fat. Serve with peas. This makes 5 croquettes.

MEAT FOR LUNCHEON

Select nice rib lamb chops, brown well on both sides and season well. Cook one can of mushrooms in liquid until tender. Chop very fine and add to thick white sauce made with two tablespoons of shortening, four tablespoons of flour, one and one-half cups of milk. Season highly. Then put a cone-shaped mound of the mushroom paste on each chop; cover with fine buttered bread crumbs, put in oven until nicely browned and cooked through.

ROYAL SCALLOP

1 pound can of salmon
6 hard cooked eggs, chopped
2½ cups white sauce
2 cups bread crumbs

Place above ingredients in a greased casserole in order given in two layers, with one layer of crumbs in center and one on top. Bake in moderate oven until heated through and crumbs are brown.

MEXICAN HASH

Run left-over roast meat through food chopper. Grease a pan well; sprinkle bottom with a layer of bread crumbs, layer of gravy, layer of meat, bread crumbs, then a layer of canned corn and so on, until all is used up. Season with salt, pepper, and onion juice. Put buttered bread crumbs on top and bake.

SALMON FRITTERS

Sift together one and one-third cups of flour, one teaspoon baking powder, one-eighth teaspoon cayenne, one-fourth teaspoon salt and add one well beaten egg, two-thirds cup milk, one cup salmon, drained and minced finely, and the juice of half a lemon. Beat well together and drop by spoonfuls into hot fat. Serve with tartar sauce.

MEAT SAUCES

HORSERADISH SAUCE

4 tablespoons grated horseradish
1 teaspoon powdered sugar
1 tablespoon vinegar
Salt and a dash of cayenne pepper
2 teaspoons made mustard

Mix well together and blend with it one cup of whipped cream. Delicious with roast beef and baked ham.

MUSHROOM SAUCE

1 can mushrooms
1-4 cup shortening
1-4 cup flour
½ tablespoon lemon juice
1 cup chicken broth
1 cup milk
Salt
Cayenne pepper

Drain mushrooms, chop half of them finely. Cook with butter and lemon juice. Drain, brown the butter, add flour, when browned add gradually the milk and broth.

Cook about 15 minutes. Add remaining mushrooms cut in slices. Season with salt and pepper. When possible use fresh mushrooms.

TARTAR SAUCE

Into a cup of oil mayonnaise which has been thoroughly chilled add a teaspoon each of chopped sweet pickles, olives, capers and parsley.

COCKTAIL DRESSING

1 bottle catsup
Juice 3 lemons
2½ teaspoons Worcestershire sauce
Salt to taste
4 drops tobasco sauce
4 tablespoons horseradish

Put on ice half hour before serving. This will make a serving for fifteen persons for oyster or crab meat cocktails.

MINT JELLY

Steep 3-4 cup mint leaves in one cup diluted vinegar, together with one cup sugar, 1-4 teaspoon salt, and 1-4 teaspoon white pepper. Have one tablespoon of gelatine softened in 1-4 cup of water. Pour the hot mixture over the gelatine, strain, mold, and color a delicate green with fruit coloring. This is delicious served with lamb.

TOMATO SAUCE

½ can tomatoes
1 bay leaf
1 stalk celery
1 small onion
1 cup white sauce
½ teaspoon salt
½ teaspoon sugar
1-8 teaspoon soda
Few grains of cayenne

Cook tomatoes 20 minutes with seasoning, rub through a strainer, add soda, then white sauce.

VEGETABLES

See that two cooked vegetables and one raw one is served to your family every day.

An abundance and variety of vegetables are essential to perfect health. They furnish the mineral matters, alkalies and acids in which meat is deficient.

Boil vegetables quickly and only until they are done. The flavor is greatly impaired by allowing them to simmer for a long time. Do not throw away the water in which vegetables have been cooked. If any liquid remains after green vegetables are cooked keep it for soups.

TO CAN CORN

7 cups corn
1 cup salt
½ cup sugar
2 cups water

Boil all together for 15 minutes. Skim out and pack in pint jars to the shoulder just as tight as possible. Pour hot juice over this until it runs over. Do not use remaining juice for the next batch. Begin over. This is delicious and just like fresh corn.

ASPARAGUS FRITTERS

1½ cups flour
1 cup asparagus cut in pieces
3 teaspoons baking powder
½ cup milk
1 egg
½ teaspoon salt

Sift dry ingredients, beat egg, add milk and add to dry ingredients. Stir asparagus into this batter. Drop by tablespoonsful into hot deep fat, 365 degrees. Drain on brown paper. Serve hot.

VEGETABLE FRITTERS

1 3-4 cups flour
1 teaspoon salt
Few grains pepper
3½ teaspoons baking powder
2 eggs
½ cup milk
½ cup cooked carrots, chopped
1-4 cup cooked peas
1-4 cup cooked lima beans
1 tablespoon minced parsley
2 tablespoons melted shortening

Mix and sift flour, salt, pepper and baking powder. Beat eggs, add milk. Add to flour mixture and beat thoroughly. Add carrots, peas, lima beans, parsley and shortening and mix well. Drop by tablespoonsful in deep hot fat and fry a golden brown. Drain on paper. Serve hot with cheese sauce. The sauce is made by addition of ½ cup of grated cheese to 1½ cup medium white sauce. This makes a very nice luncheon dish.

ASPARAGUS SOUFFLE

Chop fine two cans of asparagus, season with salt and pepper. Add 1½ tablespoons sugar, one cup bread crumbs, one cup white sauce, and the yolks of four eggs. Mix and bake a half hour in a casserole which has previously been placed in a pan of hot water. Stir occasionally, then fold in beaten whites of the four eggs and bake fifteen minutes longer. When ready to serve cover with whipped cream garnished with paprika.

VEGETABLES

STUFFED PEPPERS

Wash one cup of rice and put it in a deep baking pan. Stuff peppers with a mixture of ground cold ham or cold pork, onion and bread crumbs, placing a piece of bacon on the top of each pepper. Cover all with strained tomato and bake. Moisten with more tomato or water as the rice swells.

DELICATE CABBAGE

Cut cabbage fine; take out course veins. Put in a sauce pan, add milk to cover and simmer very slowly for about one hour; add a good sized piece of butter, salt and pepper to taste, one teaspoon of sugar and enough thickening to make it creamy.

SPINACH

Wash two pounds of spinach very carefully. Put in kettle to cook with no more water than what remains from washing. Cover and let cook very slowly. When tender put in a colander and cut fine. In a small pan melt a tablespoon of shortening. Mince part of an onion into this and let cook until a light brown. To this add two tablespoons of flour and pour over it the juice from the spinach. There should be one and one-half cups. Cook until thick, season well and mix with the chopped spinach. Place on a dish or platter, chop the whites of two eggs finely and make a border around the outer edge of the dish, with the chopped yolks in the center.

BAKED PEPPERS

3 cups bread crumbs, 1 cup grated cheese, 1 small onion minced, 1 pimento minced. Moisten to consistency of dressing with strained tomato juice (or tomato soup). Season with salt and pepper. Use this mixture to fill sweet green peppers cut in half lengthwise. Brown in quick oven.

GILT EDGED POTATOES

Rice mealy potatoes into a hot dish and grate yellow cheese lightly over it. Set in oven until cheese is melted and slightly browned.

POTATOES AU GRATIN

Cook potatoes with skins on; cool and cut in dice. Make a cream sauce of one large tablespoon of shortening, two level tablespoons of flour and one pint of milk. Into this put about four tablespoons of grated cheese. Season well with salt and pepper. Pour over potatoes in baking dish, cover with buttered bread crumbs and bake until well heated through and the crumbs are brown.

SWEET POTATOES AND APPLES

Wash and cook sweet potatoes until partially done. Dice and put a layer in a baking dish; cover with a layer of diced baking apples. Over this sprinkle a layer of brown sugar and bits of butter. Continue this process until dish is filled. Bake until apples are soft.

VEGETABLES

CORN PUDDING

To one pint can of corn add three eggs, three tablespoons of melted butter, two tablespoons of flour, one tablespoon of sugar, salt and pepper to taste, and one pint of rich milk. Mix all together, folding in the beaten egg whites last. Put in a buttered pan or pudding dish and bake until the custard is set, about forty-five minutes.

ITALIAN SPAGHETTI

1 package spaghetti, 2 good sized onions, 6 pieces of celery (not bunches), 1 small kernel of garlic, 3 tablespoons olive oil, 4 tablespoons fat, 4 bay leaves, ¼ teaspoon thyme, ½ teaspoon salt, pepper to taste, 1 can of tomatoes No. 2. Put fat, oil, onions, garlic and celery in frying pan and cook until golden brown (garlic cut very, very fine). Then add tomatoes, bay leaves, thyme, salt and pepper; cook slowly for 1 hour, adding a little water if the mixture cooks down too much. Cook spaghetti in boiling, salted water until tender, drain in colander, running cold water through it until all starchy substance is removed; then remove bay leaves from tomato sauce, add spaghetti to this and cook 15 to 20 minutes longer. If desired, cheese (grated) may be served with it, sprinkling over the top of each portion as it is served. (This will serve 6 people when served with other things.)

SWEET POTATOES AND MARSHMALLOWS

Mash 3 or 4 large fresh boiled sweet potatoes, add ½ cup sugar, 2 tablespoons butter, milk enough to make the consistency of ordinary mashed potatoes, and lastly 1 cup of chopped raisins. Put into a casserole and cover the top with marshmallows laid side by side. Try and keep potatoes hot; bake until marshmallows are browned. Served with baked ham, or broiled steak.

ESCALLOPED CABBAGE

Quarter small cabbage and place in cold salt water for thirty minutes; then drop into water while boiling and continue to boil for 5 minutes (no cover on vessel). Remove cabbage from boiling water and chop fine. Line baking dish with bread crumbs, place alternate layers of cabbage (seasoned with salt, pepper, and fat) and bread crumbs. Cover with bread crumbs, closely dot with fat and pour over 1 cup of sweet milk. Bake in moderate oven about 1 hour.

APPLE FRITTERS

1 cup of sweet milk, 1 cup flour, 1 heaping teaspoonful baking powder, ½ teaspoonful salt, 1 egg. Core and peel apple and slice about ¼ inch thick, dip in batter and fry in deep fat.

VEGETABLES

FRIED CAULIFLOWER

Cook a whole head of cauliflower until partially done, in salt water. Carefully separate the sections, let cool, dip in fine crumbs, then in egg and back in crumbs and fry in deep fat 390 degrees. Serve plain or with cheese or white sauce.

POTATOES ON HALF SHELL

Wash and dry even sized potatoes. Rub butter over the skins and bake in 350 degree F. oven. Split potatoes length-wise, scoop out the potato leaving the shell as perfect as possible. Mash the potatoes or put them through a ricer, add a generous piece of butter, salt, pepper, 1 teaspoon baking powder to four potatoes and hot milk. Beat very hard until light and fluffy. Put back into shells and sprinkle grated cheese over the top and return to oven until nicely browned.

STUFFED TOMATOES

6 to 8 tomatoes
1½ cups bread crumbs
1 onion
½ teaspoon pepper
1 tablespoon sugar
1 tablespoon salt
1 tablespoon butter
1-4 cup water
1 tablespoon fat

Wash and remove the blossom end of tomatoes. Scoop out centers. Mix what has been taken out with bread crumbs, onion finely cut, sugar, salt, pepper and butter. Fill tomatoes and bake ½ hour. Put the tablespoon of fat and ¼ cup of water in bottom of pan and baste occasionally.

VEGETABLE FRITTERS—BATTER

1 egg
1 teaspoon baking powder
½ cup milk
1 cup flour
½teaspoon salt
2 teaspoons shortening, melted

Sift dry ingredients together. Beat egg, add milk alternately with dry ingredients, add melted shortening and stir into this 2 cups of cooked vegetables. Carrots, peas and celery make a good combination. Drop by spoonful into hot fat, turn, drain on heavy paper. Serve with cheese sauce. Make same by adding ½ cup of cheese to 1 cup of cream sauce. Serves six.

CHEESE DISHES

CHEESE SOUFFLE

2 tablespoonfuls butter fat, 3 tablespoonfuls flour, ½ cup scalded milk, ½ teaspoon salt. Few grains cayenne, ¼ cup grated cheese, yolks 3 eggs, whites 3 eggs. Melt fat, add flour and when well mixed add gradually the scalded milk, then add salt, cayenne and cheese. Remove from the fire: add yolks of eggs, beaten. Cool. Cut and fold in whites of eggs, beaten until dry. Pour in buttered baking dish. Bake 20 minutes in a slow oven. Serve at once.

CHEESE DISHES

CHEESE DAINTIES

1 pound cream cheese ground fine; into this stir unbeaten white of egg and 2 tablespoons butter, pinch of salt and paprika; thin with cream until it will spread easily; cut slices of bread ¼ in. thick, spread with above mixture and put in hot oven until brown.

WELSH RAREBIT

Melt 1 tablespoon butter, stir in 1 tablespoon flour; when smooth add 1 cup milk, 1 teaspoon mustard, salt and pepper to taste, ½ pound cheese (grated), 1 egg beaten light. Serve on salted wafers.

CHEESE SAUCE

2 tablespoons butter
2 teaspoons cornstarch
1 cup thin cream
½ teaspoon salt
½ teaspoon mustard
dash of cayenne
½ lb. of mild cheese cut in thin pieces

Melt butter, add cornstarch and mustard and stir until well mixed. Add cream gradually stirring constantly and cook until it thickens. Add cheese and stir until cheese is melted. Season.

BRIDGE TEA PLATE

Frozen Roquefort Cheese Salad

1-4 lb. Roquefort cheese
1 teaspoon lemon juice
2 tablespoons cream cheese
1 cup celery
1 cup whipped cream
1 teaspoon minced chives or onion
Paprika
cayenne

Press Roquefort through sieve; work into the lemon juice and cream cheese. Add the chives or onion. Season with paprika and cayenne. Fold in the whipped cream and celery cut very fine. Freeze in pan of electric refrigerator. Serves 8. Serve with brown bread sandwiches or one of the biscuit variations and a cup of tea.

SALADS

Salads should always be attractive and should always be served very cold. The reason we make dressings for our salads is because vegetables eaten raw need some condiment like vinegar, salt, pepper and oil. Lettuce contains potash salts and is best eaten with a mild acid.

GRAPE SALAD

Cut green grapes length-wise. Take out seeds. Spread halves of canned pears with cream cheese and nut the halved grapes all over the pear making it look like a bunch of green grapes. Serve two halves on crisp, chilled lettuce leaves with French Dressing.

SALADS

PINEAPPLE & CHEESE SALAD

1 can sliced pineapple
2 cakes cream cheese
2 green peppers
1-4 cup nut meats
Mayonnaise and lettuce

Remove tops of peppers, take out seeds and pack into them the cheese that has been creamed well and seasoned with a little cream, grated onion, salt, cayenne pepper, and finely chopped nut meats. Let stand several hours and slice with a sharp knife. Arrange crisp and chilled lettuce on salad plate, then place on top a slice of pineapple, two slices of the pepper and cheese. Top with mayonnaise. Serves eight.

CABBAGE SALAD

6 cups shredded cabbage
2 cups chopped celery
1 medium size onion chopped
Green peppers
Pimentoes
Salad dressing

Mix cabbage, celery and onion and blend together with salad dressing to which add an equal amount of whipped cream. Pile on platter or salad plate, garnish with green pepper and pimento.

DRESSING

3 egg yolks
1 whole egg
3 tablespoons sugar
1 teaspoon salt
Cayenne pepper
3 tablespoons cornstarch
1 teaspoon dry mustard
1½ cups diluted vinegar

Beat eggs together, add sugar and salt. Mix cornstarch and mustard with a little water. Add to egg mixture. Heat vinegar using ½ cup vinegar and 1 cup water, pour over first mixture slowly. Cook until thick. When cool mix with whipped cream.

FRIED EGG SALAD

On a bed of crisp lettuce place a slice of pineapple. Mix together one-half mayonnaise and one-half whipped cream; spread over the pineapple to represent the white of egg. Place in the center a half apricot to represent the yolk of egg. Sprinkle with paprika.

BRIDE'S SALAD

Chill one quart shredded cabbage in salted ice water and drain. Mix one cup chopped blanched almonds, two cups diced marshmallows, one diced apple and one small can of diced pineapple and add to the cabbage. Combine this with the following dressing when ready to serve:

Mix together one tablespoon flour, one cup sugar, four tablespoons white vinegar and the juice of three lemons. Beat the whites of four eggs dry and fold into the above mixture. Cook slowly over hot water in a granite pan. When ready to serve fold in a half pint of whipped cream. Serve on lettuce. This recipe will serve twelve to fifteen persons.

SALADS

STUFFED GREEN PEPPER SALAD

Select long, narrow, well-shaped peppers. Remove seeds and let stand in cold water. Cream together cream cheese, a little cream, and a fourth of a cup of pecan nut meats, chopped fine. Add salt and a dash of cayenne pepper and pack cheese into the peppers very firmly, getting it well into all of the creases. When ready to serve slice the peppers and on a nest of head lettuce arrange about three slices of cucumbers and two slices of the pepper. Serve with either oil or boiled dressing.

JEWEL SALAD

½ envelope sparkling gelatine
½ cup cucumber
½ cup canned sliced pineapple
1-4 cup cold water
1-4 cup boiling water
1-4 cup sugar
1-4 cup vinegar
2-3 cup pineapple syrup
1 tablespoon lemon juice
1-4 tablespoon salt
A few stuffed olives

Pare, chop, and drain cucumber; there should be one-half cup. Chop and drain pineapple; there should be one-half cup. Mix cucumber and pineapple, add gelatine which has been soaked in cold water and dissolved in boiling water; then add remaining ingredients. Cut olives in slices, dip into the gelatine and put a slice in bottom of molds and around the sides. These are the jewels. Pour the mixture in and chill. Remove from molds to nests of lettuce. Serve with mayonnaise dressing.

WONDERFUL SALAD

1 cup chopped nut-meats
4 slices chopped pineapple
1 cup maraschino cherries
1 cup cooked salad dressing
½ pint whipped cream
1 tablespoon gelatine
2 packages cream cheese
1 green pepper chopped

Cream the cheese; add nut-meats, green pepper, pineapple, cherries, and salad dressing. Soften the gelatine with one tablespoon cold water and dissolve in one pint boiling water. When cool add to the above mixture. Stir in the whipped cream and let stand twenty-four hours. This recipe serves eight persons.

PEAR AND CHEESE SALAD

1 envelope gelatine
1 cup cold water
3 cups heavy cream
2 cakes cream cheese
1 bottle stuffed olives
1-4 pound almonds, shredded
Bartlett pears
Lettuce

Soften gelatine in cold water; put dish in boiling water to dissolve the gelatine. Mix the cheese with the cream, season with salt and cayenne. Add the gelatine when it begins to thicken. Also add two-thirds of the shredded almonds. Cut the olives in slices, moisten with gelatine, place around on the sides and bottom of a ring mold. Turn mixture into mold and chill. Put on a chop plate surrounded with crisp lettuce. Place chilled pears on the lettuce. Put dressing in a bowl in the center of the mold. Sprinkle almonds over all. Garnish with paprika.

SALADS

LUNCHEON SALAD

Select large, firm, ripe tomatoes, take out centers and fill with chicken salad. This salad, with sandwiches or rolls, and a dainty dessert makes a very good luncheon for a club where the rules are for a limited amount to be served.

FROZEN PEAR SALAD

Pack canned pears in equal parts of salt and ice for six hours. Open can on outside edge and the contents will come out like a cake of ice. Cut in slices, spread thickly with cream cheese, place on lettuce leaf and serve with whipped cream salad dressing.

RAW CARROT AND PEANUT SALAD

1 cup raw carrots run through food chopper **1 cup white salted peanuts through chopper**

Mix with a good tartar sauce and serve on lettuce.

OUR FIRST LADY'S SALAD

Canned Hawaiian pineapple—one slice on lettuce leaf. Salad dressing made after the following formula: Six tablespoons pineapple juice; two tablespoons sugar; two tablespoons butter. Heat in double boiler. Beat two eggs, pour hot liquid on eggs. Return to double boiler and cook until mixture coats the spoon. Add whipped cream. After dressing has been applied add creamed cheese pressed through potato ricer. As final touch add a red cherry.

NOTE: This is the favorite salad of Mrs. Calvin Coolidge.

CHICKEN SALAD

Boil the fowl whole. In the kettle put a bay leaf, carrot, and a stalk of celery. Season well with salt and pepper. After the fowl cools cut in pieces and add one onion, minced very finely. Add one-third as much celery as there is chicken. Sprinkle generously with salt and blend with either boiled dressing, to which whipped cream has been added, or mayonnaise dressing. When using the latter add the whites of two hard cooked eggs and grate the yolk over the top. Capers are a pleasant addition.

PEAR AND GINGER SALAD

2½ cups syrup of canned pears, 2 tablespoons gelatine, 2 tablespoons cold water, 2 tablespoons sugar, a little salt, ¼ cup lemon juice, 1 cup ginger ale, 1 cup pears cut fine, 2 tablespoons preserved ginger cut fine. Soften gelatine in cold water. Dissolve in juice of pears which has been heated to boiling point, add sugar and salt, when cold, lemon juice and ginger ale. When beginning to thicken add pears and ginger. Put into a ring mold first dipped into cold water. Serve as other ring mold salads. This is a delicious and refreshing salad.

SALADS

FROZEN SALAD

1 cup mayonnaise dressing
2 packages cream cheese
½ pint whipped cream
1 can pineapple, diced very finely
1-3 cup maraschino cherries
1 cup chopped nuts

Cream cheese, add dressing, whipped cream, fruit and nuts. Pack in baking powder cans or any preferred molds in equal parts of salt and ice and let stand 3 hours. Serve in slices with a bit of dressing and a cherry on top. This is served on head lettuce.

MOULDED CRAB MEAT SALAD

1 tablespoon gelatine soaked in cold water, 1 can crab meat, 2 tablespoons melted butter, yolks of 2 eggs, ¾ cup milk, 1 teaspoon salt, 1 teaspoon mustard, ½ teaspoon paprika, 2 tablespoons vinegar. Turn out fish 1 hour before using, and shred it. Put eggs, seasonings, butter, milk and vinegar in double boiler and cook until it begins to thicken. Remove from fire, add gelatine and fish. Pour in ring mold and serve on a head of lettuce, cucumbers and tomatoes, with mayonnaise, if desired.

APRICOT SALAD

1 can apricots, ½ pound marshmallows cut in small pieces, 1 cup nut meats, 1 pint cooked salad dressing, 1 pint whipped cream, 1 jar maraschino cherries. Place crisp lettuce leaves on individual salad plates, then place 3 or 4 halves of apricots on lettuce; add marshmallows, nuts and dressing which have been thoroughly mixed. Whip cream, adding ½ teaspoon vanilla. Put generous serving on top of marshmallow mixture and top with a cherry. (Serves six.)

SALAD DRESSINGS

QUICK MAYONNAISE

1-4 cup flour
1 cup water
1 cup oil
1-4 teaspoon salt
1 teaspoon paprika
1 teaspoon mustard
2 tablespoons lemon juice
2 tablespoons vinegar
1 tablespoon butter
2 egg yolks

Put egg yolks in a bowl, add salt, mustard, paprika, lemon juice, and vinegar. Pour oil over this but do not stir. Have ready a sauce made from the water, flour, and butter, cooking it in a double boiler for ten minutes. Pour while very hot into bowl. Beat rapidly with a Dover egg beater.

BOILED SALAD DRESSINGS

Beat together the yolks of two eggs, one whole egg and add three tablespoons sugar, one teaspoon salt and a little cayenne pepper. Mix one teaspoon dry mustard and two tablespoons cornstarch with a little cold water and add to mixture. Pour over this one and a half cups boiling diluted vinegar. Cook until thick. When ready to serve use one-half salad dressing with one-half whipped cream.

SALAD DRESSINGS

THOUSAND ISLAND DRESSING

Into a rich mayonnaise dressing (about two cups) mix thoroughly but not so as to break ingredients, whites and yolks of two eggs, chopped separately, two tablespoons chopped parsley, and two fresh chopped tomatoes or one cup of drained chili sauce. Add one tablespoon minced onion and two tablespoons finely minced green pepper. Mix in two capers for each person.

PICKLES AND RELISHES

CUCUMBER MUSTARD PICKLES

1 peck cucumbers medium size, peel and slice. Let stand in salt water about 4 hours. Put in colander and let drain thoroughly.

CORN RELISH

8 ears of corn, 3 large onions, 1 large red pepper, 2 large green peppers, ½ head cabbage. Mix all together. 1 tablespoon salt, 1 tablespoon celery seed, 1 tablespoon dry mustard, ¼ cup sugar, 1 pint vinegar. Cook 15 minutes after it begins to boil.

MUSTARD PICKLES

2 quarts small cucumbers, 1 quart green tomatoes, 2 quarts small onions, 2 heads cauliflower, 1 quart of carrots cut in cubes. Soak each vegetable in salt water in a separate dish over night. In the morning cook until partly done. The vegetables are put in separate pans because some require more cooking than others. Each vegetable should be a distinct piece. The cucumbers are not cooked, but treated like making sweet pickles. Make the following dressing: 1 cup flour, 6 tablespoons mustard, 1 tablespoon tumeric wet with enough vinegar to make a paste; add this to 2 quarts of hot vinegar, add 4 cups light brown sugar and cook until like custard. Cut 2 red and 2 green peppers up real fine and stir into mixture after vegetables are added. Put dressing over vegetables, heat through and can.

TOMATO CATSUP

1 peck tomatoes, 6 red sweet peppers, ½ dozen medium sized onions, 2 tablespoons of whole cloves, 2 sticks of cinnamon broken up. Strain after cooking. There should be 1 gallon of juice. Add 1 pint of vinegar, 2½ cups granulated sugar, 3 tablespoons salt, ½ teaspoon cayenne pepper. Boil about ½ hour and bottle. This is a lovely mild red catsup.

CABBAGE RELISH

1 qt. chopped cabbage, 1 tablespoon chopped onion, 1 tablespoon pimento, 1 tablespoon parsley, ½ teaspoon salt, 1 cup strong vinegar, 1 cup sugar. Let stand 4 hours, drain when ready to serve.

PICKLES AND RELISHES

DRESSING

3 pints of vinegar, 2 pounds brown sugar, 3 tablespoons flour, 2 tablespoons mustard, 1 tablespoon curry powder, 1 tablespoon tumeric, ½ cup white mustard seed. Heat vinegar, add sugar. Wet the dry ingredients with enough water to make a paste, add to vinegar and cook until thickened. Add cucumbers, heat through and can. These are very good with chop suey and all cold meats.

SWEET PICKLES

1 peck medium sized pickles sliced, 1 inch thick. Put in strong salt water 3 days then in fresh water 3 days. Put in a granite pan. Simmer in weak vinegar solution 1½ hours. Drain, put in jars and pour over them a hot syrup made by boiling 3 pints of vinegar, 3 pounds of sugar, 1 ounce whole allspice, 1 ounce whole cinnamon, 1 ounce celery seed.

SLICED CUCUMBER PICKLES

Wash and slice medium sized cucumbers. To each quart take 1 large onion, 1 tablespoon salt, cover with water and let stand over night. In the morning drain and to each quart add 1 pint weak vinegar, ½ cup sugar and 1 scant tablespoon mixed spices. Let vinegar come to a boil, add pickles, cook 10 minutes and can.

QUICK BREADS

Eggs should not be separated, otherwise proceed as for cake.

For muffins sift flour before measuring. Then sift again with baking powder, salt and sugar. Beat the eggs slightly, add milk and pour the mixture gradually into the dry ingredients. Then add the melted shortening.

NEVER FAIL BISCUITS

2 cups bread flour
½ teaspoonful salt
4 level teaspoons baking powder
3 level tablespoons shortening
3-4 cup sweet milk

Mix with finger tips very finely. Add milk. Roll or pat into shape. Cut with small cutter. Put in greased pan quite close together and bake in quick oven fifteen to twenty minutes at four hundred degrees.

TEA MUFFINS

4 tablespoons shortening
4 tablespoons sugar
1 egg
3-4 cup milk
1 3-4 cups flour
3 teaspoons baking powder
½ teaspoon salt
½ cup pecan nut meats (chopped)

Cream shortening and sugar; add egg, milk, and dry ingredients alternately. Add nut meats. Bake in muffin pans.

QUICK BREADS

SPOON BREAD

2 cups corn meal
1 cup boiling water
2 eggs
1½ cups milk
1 teaspoon salt
1½ tablespoons melted shortening
2 tablespoons baking powder

Pour boiling water over corn meal when cool, add beaten eggs, milk, salt and baking powder; add shortening. Bake in greased pan like pudding. Serve on plate with butter or gravy.

PERFECT PAN CAKES

2 eggs beaten separately
1 tablespoon sugar
1½ cups sour milk (rich)
2 1-4 cups flour
½ teaspoonful salt
2 teaspoons baking powder
3-4 teaspoon soda

Beat egg yolks, add sugar and beat again, add sour milk to which add the soda. Add flour sifted with baking powder and salt and beat well. Fold in the beaten egg whites. Bake on griddle or on iron frying pan greased slightly. If milk is not rich add 2 tablespoons melted shortening.

STEAMED BROWN BREAD

2 cups graham flour
½ cup corn meal
½ cup white flour
½ cup sugar
½ cup molasses
1 egg
1 teaspoon salt
1 teaspoon baking powder
2 cups sour milk
1½ teaspoons soda
Raisins if liked

Beat egg, add milk and soda, add molasses. Beat in to this the dry ingredients. Fill ½ pound cans that have been well greased 2-3 full. Steam 2 hours. Dry in oven 15 minutes.

NUT BREAD

½ cup sugar
1 egg
1 cup sweet milk
2½ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 cup nut meats cut coarse

Mix in order given. Put in greased pan and let raise twenty minutes. Bake in a slow oven at three hundred degrees.

BACONIZED CORN BREAD

1 cup corn meal
1 cup white flour
3 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1 egg
1 cup sweet milk
½ cup bacon, cut small

Sift dry materials together. Beat egg, add milk, then dry materials. Put in greased pan and sprinkle bits of bacon over the top. Bake in quick oven for fifteen minutes.

CHEESE STRAWS

2 cups grated cheese, ½ cup fat, juice of 1 lemon, ½ teaspoon baking powder, pinch salt, dash of pepper, enough flour to make a stiff dough. Roll and cut in ¼ in. strips and bake in slow oven.

QUICK BREADS

BISCUIT VARIATIONS

2 cups flour
1 teaspoon salt
3-4 cup milk
2 teaspoons baking powder
4 tablespoons shortening

Sift dry ingredients, crumble shortening in very finely. Add milk. For biscuits, roll out, cut and bake in 400 degree oven. Makes about 15 medium sized biscuits.

Variation No. 1—Cheese Rolls—Roll out dough to ½ inch thickness. Sprinkle with grated cheese. Roll up like jelly roll, cut off in 2 inch pieces and bake in greased muffin pans.

Variation No. 2—Tea rolls—Roll out dough to ½ inch thickness. Spread with Pineapple and Apricot Jam. Roll up like jelly roll, cut off in 2 inch pieces and bake in greased muffin pans.

Variation No. 3—Make small biscuits, cut out the center and fill with chicken or shrimp salad.

QUEEN MUFFINS

1-4 cup shortening
1-3 cup sugar
1 egg
½ cup milk
1½ cups flour
½ teaspoon salt
1½ teaspoons baking powder

Blend the shortening, sugar, and egg in one brisk stirring. Sift flour, salt and baking powder together and add alternately with the milk. Bake in well-oiled gem pans 20 minutes in 375 degree oven. Makes about 8 muffins. If any happens to be left, cut them in slices and toast. Spread generously with butter and orange marmalade and serve hot with a cup of tea. This is a good basic muffin recipe. Berries, nuts or dates may be added.

DREAM BISCUITS

2 cups flour
2 teaspoons baking powder
3 tablespoons shortening
1 teaspoon salt
3-4 cup milk

Sift dry ingredients, work shortening in with finger tips. Add the milk gradually mixing with a spatula or knife. The dough should be quite soft. Toss on floured board. Roll to 3-4 inch thickness, cut. Bake on greased pans in 400 degree oven 15 minutes. Makes about 16 small size biscuits.

WAFFLES

Mix two beaten egg yolks, one tablespoon sugar, one cup milk, one and three-fourths cups flour, three teaspoons baking powder, one tablespoon melted butter, a little salt and the beaten whites of two eggs. Bake on well greased waffle irons.

BROWN BREAD

2 cups sour milk, 2 level teaspoons soda, 1 level teaspoon salt, 2 tablespoons sugar (brown or white), ¾ cup molasses, 2 cups graham flour, 2 cups white flour sifted with 1 teaspoon baking powder, ½ cup raisins. Beat well and add 1 tablespoon fat. Bake very slowly.

QUICK BREADS

CORN STICKS

1 cup white flour, 1 cup yellow corn meal, 1 egg, 1 cup sour cream, ½ cup sugar, ½ teaspoon soda. Bake in iron bread stick pans.

SOUTHERN FLANNEL CAKES

Beat 3 eggs separately, the whites to a stiff froth, to the beaten yolks add 1 pint sour milk, mix 1 teaspoonful soda, a little salt, 2 cups flour, enough to make a stiff batter, beat hard until very smooth and then add 2 teaspoonfuls baking powder and 1 tablespoonful sugar, thin by gradually beating in the whites of the eggs, cook on a very hot gridiron.

CORN MEAL BATTER CAKES

1 pint meal, sifted, add 1 teaspoonful salt and scald with enough boiling water to wet good. When a little cool, add 2 tablespoonfuls flour and beat in an egg, thin to a very thin batter with sweet milk, fry in deep fat.

PIES

When making fruit pies, remember to mix thoroughly the sugar and flour. Put part of it in the bottom crust of the pie, add the fruit and then the rest of the flour and sugar. Bake a fruit pie in a hot oven for ten minutes so that the crust will bake quickly, then reduce the heat for the fruit to thoroughly cook.

Remember the rule for perfect crust is to use one third as much shortening as flour.

A GOOD PIE CRUST FORMULA

3 cups flour
2 teaspoons salt
1 cup shortening
About a half cup of water
1 teaspoon baking powder

Mix the ingredients together. Flake shortening into sifted dry ingredients. Mix water in with knife.

This recipe makes one large double pie and one single crust.

LEMON PIE

1 cup sugar, 2 tablespoons flour, 2 egg yolks, 1 tablespoon shortening, juice of 1 lemon. Mix these ingredients well. Add 1 cup sweet milk, then fold in the whites of 2 eggs beaten stiff. Pour in an unbaked crust and bake in a moderate oven until firm.

MINCE MEAT

6 pounds beef, boil, cool and chop; 3 pounds suet, chopped, 1 pound citron, 4 pounds currants, 4 pounds seeded raisins, 4 pounds brown sugar, ½ pint molasses, 1 gallon sweet cider, 1 pint brandy, salt, pepper, cloves, nutmeg and cinnamon to taste. Let stand several days and it is ready for use. Nine cups chopped apples.

PIES

WASHINGTON PIE

2 eggs
1 cup sugar
3 tablespoons melted shortening
1 teaspoon vanilla
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
3-4 cup milk

Beat eggs; add sugar and melted shortening. Sift flour with baking powder and salt, add to mixture alternately with milk. Pour into two round pans well greased and bake in 375 degree oven 15 to 20 minutes. Split each cake. Fill the four thin layers with Cream filling and sprinkle top with powdered sugar.

RAISIN PIE

Crust:

1½ cups flour
½ teaspoon baking powder
1 teaspoon salt
½ cup shortening
1-4 cup water

Sift dry ingredients together. Flake shortening in, in large flakes mix with water and chill. Bake in hot oven 400 to 450 degrees F. Makes 2 pie shells.

Filling:

1½ cups raisins
½ cup sugar
2 cups water
3 egg yolks
1 teaspoon orange flavoring
1 tablespoon butter
½ teaspoon salt
3 tablespoons cornstarch
1 teaspoon lemon flavoring

Cook raisins in water about 10 minutes. Beat egg yolks, add sugar, salt and cornstarch. Pour the raisin mixture over this. Cook until thick, add butter and flavoring. Cool, put in pie shell and cover with Meringue.

BUTTERSCOTCH PIE

1 cup brown sugar
2 cups milk
2 eggs
3 tablespoons flour
1 tablespoon butter

Beat egg yolks, add flour, heat milk, add sugar, and pour over eggs and flour. Cook until thick and then add butter. Put in a baked pie crust. Make a meringue of the egg whites, using two tablespoons of sugar to each egg white. Bake in a slow oven for fifteen minutes.

MY MOTHER'S LEMON PIE

2 cups hot water
Juice and grated rind of 1 lemon
1 cup sugar
3 egg yolks
1-4 teaspoon salt
4 tablespoons cornstarch

Cook water, lemon and rind, and sugar until a slight syrup. Beat the egg yolks until thick. Add moistened cornstarch. Pour the syrup over this. Put back on stove and cook until thick. This will make a delicate transparent filling. Cool. Put meringue of egg whites on top. This should be baked in a slow oven seventeen to twenty minutes.

PIES

MERINGUE

3 egg whites
6 tablespoons sugar
Pinch of salt
½ teaspoon baking powder

Beat egg whites dry, add sugar 1 tablespoon at a time beating it in very thoroughly; add salt and baking powder. Pile lightly on pie. Bake in slow oven 300 degrees F. 18 to 20 minutes.

COCOANUT CREAM PIE

Crust:

1½ cups flour
½ teaspoon baking powder
1 teaspoon salt
½ cup shortening
1-4 cup water

Sift flour, salt and baking powder together; flake the shortening into flour adding water gradually and mixing it in with spatula or knife. Bake in hot oven. The recipe makes two medium size pie shells or one double-crust pie.

Filling:

2 cups scalded milk
2 eggs
½ cup sugar
4 tablespoons cornstarch
1 teaspoon vanilla
½ teaspoon lemon extract

Beat eggs, add sugar, wet cornstarch with just a little milk and add to eggs and sugar. Pour hot milk over this slowly and cook until thick. Add salt and flavoring. When cool put in pie shell, cover with ½ inch of whipped cream and pile freshly grated cocoanut on top.

PECAN PIE

Crust:

1½ cups flour
½ teaspoon baking powder
1 teaspoon salt
1-4 cup cold water

Sift dry ingredients together. Flake shortening in. Mix with water and chill. Take one-half of dough and roll and put in pie pan. Fill with this filling:

Filling:

3 eggs
½ cup sugar
1 tablespoon butter
1-4 teaspoon salt
½ cup dark corn syrup
½ cup light corn syrup
½ cup pecan nut meats, broken

Beat sugar and butter together. Add beaten eggs, syrup, salt and nut meats. Bake in 420 degree F. oven for 15 minutes. Reduce heat to 325 degrees F. and bake 30 minutes more. This is a favorite Southern Dessert.

BOSTON CREAM PIE

3 eggs beaten very light, 1 cup sugar, 2 tablespoonfuls milk, 1 cup sifted flour, 1 teaspoonful baking powder, flavor with extract of lemon, bake in a square pan and when taken from the oven split and place between the layers a filling made of ½ cup sugar, 1 cup milk, 1 egg, 1 tablespoonful corn starch cooked until thick in double boiler.

PIES

CUSTARD RHUBARB PIE

Pour boiling water over two cups of cut up rhubarb. Let stand about five minutes. Drain off the water, retaining about three tablespoons on the rhubarb. Beat yolks of two eggs and add one cup of sugar and one tablespoon of flour. Mix with the rhubarb and add a tablespoon of butter. Fill an unbaked pie crust and bake. When custard part is set put meringue made of egg whites on top of pie and bake in a slow oven.

PUMPKIN PIE

1 cup pumpkin
3-4 cup sugar
1-4 teaspoon ginger
3-4 teaspoon cinnamon
1 level teaspoon flour
3 eggs, beaten separately
1 pinch salt
A little nutmeg
1 pint milk

Mix dry ingredients. Add to pumpkin and yolks of eggs, then add the milk. Beat whites stiff and add last. Bake one hour.

HOT WATER PIE CRUST

1 cup lard, ½ cup very hot water, ½ teaspoon salt. Stir until smooth and creamy and quite cool. Add enough flour to make a soft dough. (This recipe is never failing).

COOKIES

DROP COOKIES

2 cups light brown sugar
1 cup shortening
3 eggs
1 cup sour milk
½ teaspoon nutmeg
½ teaspoon cloves
3 cups flour
½ teaspoon ginger
1 teaspoon cinnamon
1 teaspoon salt
½ teaspoon soda
1 cup raisins
½ cup nut meats
3 teaspoons baking powder
1 teaspoon vanilla

Blend sugar, shortening and eggs together. Add sour milk after stirring in the soda. Add spices, salt and baking powder to flour and add to other mixtures. Add nuts and raisins. Drop from spoon on well-greased cookie sheet. Bake in 375 degree oven about 12 minutes. Makes 4 dozen cookies.

BUTTER SCOTCH COOKIES

4 cups light brown sugar
1 cup shortening
6 cups flour
4 eggs
1 teaspoon soda
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon vanilla

Cream shortening and sugar. Beat in eggs one at a time, adding flour alternately with eggs. Make into 3 loaves. Let stand in cool place over night. In morning slice in thin slices, bake in a quick oven. They bake very quickly.

COOKIES

DROP COOKIES

1 cup shortening
1½ cups granulated sugar
3 eggs
vanilla and nutmeg
½ cup sour milk
½ teaspoon soda
3 cups flour
1½ teaspoons baking powder

Mix in order given and drop by teaspoonfuls on greased pans and bake in moderate oven.

ROCKS

1½ cups granulated sugar
1 cup shortening
3 eggs
1 cup English walnut meats
2½ cups flour
1 pound of dates
½ teaspoon soda
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon vanilla

Cream shortening and sugar, add beaten eggs; put spices and baking powder in flour and add to the mixture. Add nuts and dates chopped, add soda dissolved in 2 tablespoons of water, add vanilla. Drop on greased pans and bake in moderate oven.

WALNUT AND DATE COOKIES

1 cup shortening
2 cups sugar
3 eggs
4 tablespoons sour cream
2 teaspoons cinnamon
2 teaspoons cloves
½ teaspoon soda
1 teaspoon vanilla
1 teaspoon salt
3½ cups flour
3 teaspoons baking powder
1 cup dates, cut in pieces
½ cup chopped black walnut meats

Cream shortening, sugar and eggs together. Add spices and vanilla, sour cream and soda, flour sifted with salt and baking powder, dates and nuts. Drop spoonsful on greased cookie sheets. Bake about 15 minutes in 375 degree F. oven. Recipe makes 5 dozen cookies.

OLD FASHIONED GINGER COOKIES

1 cup shortening
1 cup sugar
2 eggs
1 cup molasses
3 teaspoons baking powder
1 teaspoon ginger
½ cup hot coffee
1 teaspoon soda
4 cups flour
1 teaspoon salt

Cream together the shortening, sugar and eggs. Add spice and molasses. Stir soda in hot coffee, add alternately with flour, baking powder and salt sifted together. Drop on greased cookie sheets. Bake in 375 degree oven 15 to 20 minutes. Makes 4½ dozen cookies.

BAMBERRY TURNOVERS

1 pound seeded raisins, 5 saltines, put through grinder. Juice of 6 lemons, ¾ cup sugar, mix well. Make an ordinary pie crust, cut with large cookie cutter, put on a spoonful of filling and turn over. Bake in quick oven.

SUGAR COOKIES

1 cup sugar, ½ cup shortening, ½ cup sour cream, 2 egg yolks, 1 teaspoon soda, 1 teaspoon nutmeg, flour to make a soft dough.

COOKIES

BROWNIES

1 cup sugar, ½ cup shortening, ½ cup pastry flour, 2 eggs, 2 squares melted chocolate, 1 teaspoon vanilla, 1 cup chopped nuts, pinch of salt. Spread mixture about ½ inch thick in greased pan. Bake quickly in a hot oven. Watch them. Cut in squares while warm with a warm knife.

CRYSTAL BARS

3 eggs, 1 cup sugar, 1 cup nut meats (cut), 1 cup dates (cut), ¾ cup flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Separate eggs, beat yolks to which gradually add sugar. Add vanilla, add dates and nut meats cut up and floured a little. Sift flour and baking powder; add alternately with beaten whites of eggs. Spread out in a pan and bake in a moderate oven. When cool cut in bars and sprinkle with powdered sugar. This makes a delicious dessert by baking in a smaller pan to serve eight. Cut in squares and serve with whipped cream.

DOUGHNUTS

DOUGHNUTS

1-3 cup sugar
1½ tablespoons shortening
1-3 cup milk
2 cups flour
2 teaspoons baking powder
1-8 teaspoon cinnamon
1-8 teaspoon cloves
½ teaspoon salt
2 eggs

Cream sugar and shortening, add beaten egg and milk and mix well. Mix and sift flour, spices and baking powder, add to first mixture and beat well together. Turn on a slightly floured board and roll to ½-inch thickness. Cut with cutter and fry in hot fat to a delicate brown. Drain on brown paper. This makes 24 doughnuts.

POTATO DOUGHNUTS

2 cups mashed potatoes
2 cups sugar
2 eggs
½ teaspoon each of cinnamon and nutmeg
1 cup sweet milk
3 tablespoons melted shortening
5 cups flour
5 teaspoons baking powder

Mix in order given. Roll out on floured board, fry in deep fat. Drain and when cool sprinkle with powdered sugar.

FLECKEN

Make noodle dough of 2 eggs. Divide this large ball of dough into small balls, each one the size of a hickory nut. Sprinkle baking board with flour —take one of the small balls and roll it out very thin. Cut 2 or 3 long slits in this thin sheet, fold them over each other and drop in deep fat. When a very light brown, take out with a fork and sift powdered sugar over it.

CAKES

Careful attention to small details is of grave importance in the making of a perfect cake. The adding of too much flour, lack of careful combining of ingredients, attempting to get better quality by changing a recipe and lack of knowledge of proper oven temperature and time for baking are causes of failures in cake making. Use all measurements level. Sift flour before measuring. Blend flour and baking powder together well.

WHITE CAKE

1½ cups sugar
½ cup shortening
½ teaspoon salt
1 cup sweet milk
2½ cups pastry flour
2½ teaspoons baking powder
4 whites of eggs
1 teaspoon vanilla
1 teaspoon lemon flavoring

Cream sugar and shortening. Sift flour three times with baking powder and add milk and flour alternately, beating hard. Add flavoring. Fold in the beaten whites. Bake in two layers in moderate oven at three hundred and seventy-five degrees.

FRYING PAN CAKE

1 can pineapple, diced
1 cup brown sugar
2 tablespoons butter
3 eggs
1½ cups granulated sugar
½ cup water
2 teaspoons baking powder
1 teaspoon vanilla
1½ cups flour

Put first three ingredients in frying pan and let cook slowly. Mix the batter and pour over the fruit. Put pan in oven and bake thirty to forty minutes. Turn out on plate so fruit will be on top. Serve with whipped cream.

DEVIL'S FOOD CAKE

2 cups light brown sugar
½ cup shortening
2 eggs
½ cake Baker's chocolate
½ cup hot water
1 cup sour milk
2½ cups flour
½ teaspoon soda
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon vanilla

Cut the chocolate up fine. Pour over the hot water, let stand while creaming sugar and shortening. Drop eggs in and beat well. Stir chocolate mixture and add to this. Add sour milk; add flour, baking powder, soda, and salt sifted together. Bake in two layers.

HOT MILK CAKE

4 eggs
2 cups sugar
½ cup shortening
1 cup hot milk
2 cups pastry flour
2 teaspoons baking powder
1-4 teaspoon salt
1 teaspoon each lemon and orange flavoring

Beat eggs thoroughly, add sugar and beat again. Sift flour and baking powder and salt well together. Heat milk, add to it the shortening. Add the milk and shortening to first mixture after part of the flour has been added, add the rest of the flour. Beat well, add flavoring. Put in 2 layer cake pans and bake in moderate oven. 375 degrees.

CAKES

SPONGE CAKE

5 eggs, separately beaten
1 1-4 cups sugar
8 tablespoons boiling water
1½ cups flour
½ teaspoon baking powder
Vanilla

Beat yolks well; add sifted sugar, add boiling water, sifted flour, baking powder, flavoring. Fold in beaten whites. Bake in an ungreased tube pan for 45 to 50 minutes.

GINGER CAKE

1-3 cup shortening
½ cup sugar
1 egg
½ cup molasses
½ teaspoon salt
2 cups flour
2 teaspoons baking powder
1 teaspoon ginger
½ cup hot water
1 teaspoon cinnamon
½ teaspoon soda

Blend shortening, sugar and egg together. Add molasses, sifted dry ingredients and hot water with soda in it. Bake in 375 degree oven for 25 minutes. Cover with whipped cream sweetened, add about 2 bananas cut into it.

SPICE CAKE

½ cup shortening
1½ cups sugar
2 eggs
2 teaspoons cinnamon
½ teaspoon nutmeg
½ teaspoon allspice
½ teaspoon cloves
1 teaspoon vanilla
½ teaspoon salt
½ teaspoon soda
1 cup sour milk
2½ cups flour
2 teaspoons baking powder

Cream shortening, sugar and eggs. Add spices. Add soda to milk and add alternately with sifted flour, baking powder and salt. Pour into greased pan, bake in 350 degree F. oven 35 minutes. (Use caramel icing).

EVERY DAY CAKE

1-3 cup shortening
2-3 cups sugar
1 egg
2-3 cup milk
1 2-3 cups flour
2 teaspoons baking powder
½ teaspoon salt
1½ teaspoons flavoring

Cream shortening, sugar and egg, add flavoring then milk and sifted flour baking powder and salt. Bake in greased oblong cake pan in 375 degree oven about twenty-five minutes. When cool cover with Honey Icing. 1 egg white, 1 cup strained honey beaten until thick.

WHITE FRUIT CAKE

1 cup shortening, 2 cups sugar, 3 cups flour, 1 cup grated cocoanut, 2 eggs, 2 teaspoons baking powder, ½ pound sliced lemon peel, ½ pound chopped almonds, ½ wine glass rose water. Cream butter and sugar together; add flour and baking powder sifted three times; add well beaten yolks, add nuts, peel, almonds, then rose water and last fold in fluffed egg whites. Put in greased pan and bake slowly for one hour.

CAKES

RED CHOCOLATE CAKE

1½ cups flour
1-4 cup shortening
1 cup sugar
2 eggs
½ cup sour milk
1 teaspoon soda
1½ teaspoon baking powder
½ teaspoon salt
½ teaspoon vanilla
½ cup boiling water
2 squares bitter chocolate

Cream shortening, sugar and eggs. Sift flour, baking powder and sift together three times and add alternately to the first mixture with the sour milk. Pour boiling water into the melted chocolate. Add soda to chocolate, cook and stir until thick. Cool and add to cake batter. Mix thoroughly. Add vanilla. Put in two layer cake pans well greased and bake in 350 degrees F. oven about 25 minutes. Put together with Mocha Cream Filling and ice with white boiled icing.

FRUIT COFFEE CAKE

2 tablespoons shortening
4 tablespoons sugar
1 2-3 cups flour
1 egg
½ cup milk
2 teaspoons baking powder
1-4 teaspoon salt
Peaches

Mix in order given, sifting dry ingredients together, adding them alternately with milk. Put in oiled pan and cover top with peaches cut in quarters, then sprinkle over the peaches this top: Crumble finely ¼ cup of flour and 1 tablespoon of butter, add ½ cup sugar and 2 teaspoons of cinnamon. Bake 30 minutes in 375 degree oven.

BIRTHDAY RING

½ cup shortening
1 cup sugar
2 cups flour
2 teaspoons baking powder
3 egg whites
2-3 cup milk
1 teaspoon flavoring
½ teaspoon salt

Blend shortening and sugar together until creamy and fluffy. Sift dry ingredients three times and add alternately with the milk. Beat until mixture is smooth, add flavoring, then fold in the egg whites. Pour into oiled ring mold, bake in 350 degree oven about 35 minutes. (Use white icing).

Remove from mold as soon as the cake is taken from the oven. Cool, place cake on large cake plate and ice with Carmel Icing. Arrange a small bowl of flowers in center of the ring. Place the birthday candles on colored gum drops around the outer rim of plate. This is a pretty centerpiece for the dinner table.

LITTLE YELLOW CAKES

Beat one-fourth cup of shortening to a cream; gradually beat in one-half cup of granulated sugar, the beaten yolks of four eggs, one-fourth cup of milk, one-half teaspoon of orange extract, and lastly, one cup of sifted flour, less two tablespoons, sifted again with two level teaspoons of baking powder. Bake in muffin tins 15 to 20 minutes.

CAKES

COCOA CREAM CAKE

½ cup shortening, 1 cup sugar, beaten yolks 3 eggs, ¾ cup sweet milk, 1 teaspoon vanilla, 1¾ cups flour, 5 teaspoons cocoa, 2 teaspoons baking powder, pinch salt. Put dry ingredients all in flour sifter. Mix in order given and lastly add 3 egg whites beaten stiffly.

ECONOMY CAKE

Into sifter put 1 cup sugar, ¼ cup cocoa, 1 teaspoon soda, a pinch salt, 1½ cups flour; sift 3 times, into this stir 1 cup sour milk and 4 tablespoons shortening or lard. Beat well and bake in moderate oven.

MOCHA CAKE

1 cup sugar, ½ cup shortening, 1 cup cold coffee, 3 eggs, 2 cups flour, 2½ teaspoons baking powder, ½ cup chopped walnuts. Bake in layers.

Icing for Mocha Cake: 1-3 cup butter, 1 teaspoon cocoa, ½ cup sugar, coffee enough to moisten. Cream butter and sugar, add cocoa and coffee, put on the cake when it is cold.

LADY BALTIMORE CAKE

1 cup shortening, 2 cups granulated sugar, 3½ cups flour with 3½ teaspoons baking powder, 6 egg whites, 1 teaspoon rose water, 1 teaspoon vanilla, 1 cup sweet milk. Cream shortening, add sugar gradually, creaming it until very light. Beat into this the whites of eggs beaten stiff, add flavoring. Add flour sifted several times with baking powder, beating very hard. At last add the milk. This is a most delicious cake and makes 3 layers.

Filling: 3 cups granulated sugar, 1 cup boiling water. Cook until it spins a long thread, then pour on the whites of 3 eggs beaten stiff, add 1 cup of chopped raisins, 1 cup chopped nut meats, flavor.

GOOD FRUIT CAKE

2 cups shortening, 3 cups brown sugar, 4 cups flour, 1 cup nuts, ½ cup molasses, ½ cup sour milk, 6 eggs separated and beaten well, 1 pound raisins, 1 package dates, 1 pound currants, ½ pound citron, 2 packages of figs, 1 teaspoon each of cloves, cinnamon, mace, ½ nutmeg grated, 1 teaspoon soda, mix as butter cake and bake in moderate oven.

ICINGS

CARAMEL ICING (NO. 2)

1 cup brown sugar
1 cup granulated sugar
3-4 cup milk
1 tablespoon butter

Cook sugar and milk until when a little is dropped in cold water it will hold together or form a soft ball. Add butter. Cool and beat until of a spreading consistency.

ICINGS

CARAMEL ICING

3-4 cup brown sugar
3-4 cup granulated sugar
2 egg whites
7 tablespoons water
Vanilla

Cook sugar and water until a long stiff thread spins from a spoon and pour over the beaten egg whites. Beat until thick and flavor. The secret of success with this icing is to cook it long enough.

FUDGE ICING

1½ cups granulated sugar
3 teaspoons cocoa, mixed with sugar
3-4 cup rich milk
1 teaspoon butter

Cook until it forms a soft ball when dropped in cold water. Set aside to cool. When almost cool beat until ready to spread. Flavor as desired.

CARAMEL FUDGE ICING

1½ cups brown sugar
1 cup sweet cream
1½ cups granulated sugar

Boil until a soft ball is formed when dropped in cold water. Let the mixture become perfectly cool and beat until thick. Flavor with vanilla.

BOILED ICING

1½ cups granulated sugar
7 tablespoons water
½ teaspoon baking powder
Whites of 2 eggs

Boil first three ingredients until it spins a thread. Pour over the beaten egg whites very slowly. Flavor as desired. Beat until heavy enough to spread.

COMFORT ICING

1½ cups sugar
½ cup water
½ teaspoon baking powder
2 egg whites
1 teaspoon vanilla
½ teaspoon lemon extract

Beat egg whites, dry cook sugar, water and baking powder until a fine thread spins from spoon. Remove from fire and pour one third of syrup over egg whites. Return remainder of syrup to fire and cook until several long threads spin from spoon. Beat into other mixture. Continue beating until cool or until it will hold its shape, add flavoring. Spread on cake.

SEVEN MINUTE ICING

1 cup sugar
3 tablespoons water (hot)
1-4 teaspoon baking powder
3-4 teaspoon flavoring

Measure water and put in top of double boiler, over boiling water add the sugar slowly, stirring until most of it is dissolved. Then break in the egg white and begin at once to beat with Dover egg beater. Beat for seven minutes. It will be thick. Remove from water and pour into a bowl. Beat with a wooden spoon until cold and thick enough to hold its shape.

ICINGS and FILLINGS

ORANGE FILLING

1 egg
3-4 cup sugar
2 tablespoons flour
juice and rind of 1 orange
juice and rind of 1 lemon
1 tablespoon butter
½ cup milk

Sift sugar and flour together, add other ingredients and cook until thick. Cool and spread between layers.

MOCHA CREAM FILLING

1 cup milk
2 tablespoons coffee
½ cup sugar
2 egg yolks beaten
½ teaspoon vanilla
3 tablespoons flour

Cook milk and coffee five minutes. Strain and pour over the sugar and flour mixed together. Cook in double boiler 15 minutes. Add beaten egg yolks and cook until thick. Cool and add vanilla.

COCOA ICING

Into a pan put 1-3 cup of fat. When melted stir into it 4 teaspoons of cocoa and let it cook in the butter stirring constantly. Add about 2 cups of powdered sugar. Add this alternately with sweet cream to a spreading consistency. Flavor with vanilla.

DESSERTS

Serve the delicate desserts after a heavy meal and the more wholesome desserts after a simple meal.

COFFEE SOUFFLE

Mix one and one-half cups of coffee, one tablespoon gelatine, one-third cup granulated sugar, and one-half cup milk. Heat in double boiler. Add the yolks of three eggs slightly beaten and mixed with one-third cup of granulated sugar and one-fourth teaspoonful salt. Cook until it thickens. Add the whites of the eggs beaten stiff and one-half teaspoon of vanilla. Mold, chill, and serve with whipped cream.

NOTE: This recipe was sent to a friend who was compiling a benefit cook-book, by Mrs. Calvin Coolidge as one of her favorite recipes.

DATE PUDDING

3 eggs
1 cup sugar
3-4 cup flour
1 teaspoon baking powder
1 cup dates, cut
1 teaspoon vanilla
Pinch of salt
1 cup nut meats, chopped

Separate eggs, beat yolks until creamy. Add sugar, vanilla, dates, and nuts floured a little. Sift flour and baking powder, add alternately with beaten egg whites. Bake in moderate oven about thirty-five minutes. Cut in halves when cool. This may be made into cookies by putting into a larger pan. Cut in bars when cool. Roll in powdered sugar.

DESSERTS

ROSE CREAM

1 envelope gelatine
½ cup cold water
2-3 cup scalded cream
12 lady fingers or a sponge cake
2-3 cup powdered sugar
1 quart whipped cream
Vanilla

Soak gelatine in cold water; dissolve in scalded cream. Strain into a bowl and add sugar and vanilla. When it begins to thicken fold in the whipped cream, adding one-third at a time. Color a delicate pink with vegetable fruit coloring. Have the lady fingers placed about one-fourth inch apart in pan. Pour mixture over this. This is very delicate and takes the place of ice cream and cake. It is attractive cut in squares with a few sweet peas on the plate.

STEAMED CHOCOLATE PUDDING

½ cup granulated sugar
1 tablespoon butter
1 egg
½ cup sweet milk
1 1-4 cup flour
1 teaspoon baking powder
Pinch of salt
2 tablespoons cocoa

Steam in greased pan one half hour.

Sauce: Put a piece of butter the size of an egg in a pan and melt. Add one-half cup light brown sugar and two level tablespoons flour. Let this brown and add one cup of rich milk. Cook until thick.

CHEAP PUDDING

1 egg
1 cup sour milk
1 cup molasses
2½ cups flour
1 cup raisins
1½ teaspoons baking powder
½ teaspoon soda
1 teaspoon salt
1-4 teaspoon each cloves and allspice
1 teaspoon cinnamon

Steam in buttered mold 1 hour. Serve warm with hard sauce.

CARAMEL DESSERT

Put three-fourths of a cup of brown sugar on a pie tin and melt. Scald one pint milk. Mix one tablespoon butter, melted with sugar, two tablespoons cornstarch dissolved in a little milk, one egg and a half teaspoon vanilla. After milk is scalded add rest to it and one fourth cup nut meats and serve with a dash of whipped cream on top.

ENGLISH PLUM PUDDING

Mix together in a large bowl ½ pound suet chopped fine, ½ pound each of seeded raisins (chopped), currants, citron (thinly sliced) and brown sugar. The inside of a pound loaf of stale baker's bread crumbled fine. 1 cup flour sifted with 1 teaspoon baking powder, ½ teaspoon each of cinnamon, cloves and nutmeg, 1 teaspoon soda, 1 teaspoon salt, 1 cup milk, 4 eggs well beaten, ¼ cup boiled down cider, 2 tablespoons lemon juice. Mix the milk, eggs, molasses, cider and lemon juice together. Add to this mixture the other ingredients. Steam in well greased pudding molds 5 hours.

DESSERTS

DELICATE PUDDING

One pint double whipped cream, one-fourth pound marshmallows cut in quarters, add to beaten cream, sweeten slightly. Flavor with vanilla or tropical fruit flavoring, add one cup peanut brittle ground very finely. Let stand several hours before serving. Do not beat cream too stiff, as the gelatine in marshmallows thickens it somewhat. Serve in individual glasses or pile on serving plate, garnish with cherries, and serve from that, with cake or wafers.

IMPERIAL PUDDING

5 eggs
1 cup powdered sugar
1 cup stale rolled lady fingers
1 cup stale rolled macaroons
1 teaspoon vanilla
1 cup peach pulp
1 pint whipped cream
1 envelope gelatine
1-4 cup cold water

Soak gelatine in cold water and dissolve over hot water. Beat yolks, add sugar and beat until very light, add vanilla, gelatine, lady fingers and macaroons and peach pulp. Lastly add stiffly beaten egg whites. Stir quickly and turn into mold. Serve with whipped cream.

APPLE DUMPLINGS

Make a syrup of 1 cup sugar, ½ cup butter, 2 cups water and put into a baking dish. Make a biscuit dough of 2 cups flour, butter size of an egg and 1½ teaspoon baking powder; moisten with milk. Roll dough thinner than for biscuit and cut in 4 in. squares. Pare and core tart apples, put some in each square and pinch the corners together. Put into syrup and bake. Serve with whipped cream.

APPLE TORTE

½ pound shortening, 2 heaping tablespoons sugar, 2½ cups flour. Mix this and press it well in a spring form and bake. When baked put about 1½ in. of apple sauce in and cover with following cream: 1 cup milk, 1 tablespoon cornstarch, sugar and vanilla to taste, yolks of 3 eggs. Over this put a few chopped nuts and a few maraschino cherries. Then cover with the beaten whites or serve with whipped cream.

FLOATING ISLAND

Put a pint of milk on the fire in a double boiler. Beat the whites of 4 eggs about half, then add an even tablespoonful of granulated sugar to each white and beat until very stiff. Flavor with very little extract of almond. Take up the beaten whites by spoonfuls and cook 2 minutes in the hot milk, skim out and put aside to cool. Mix 1 heaping teaspoonful of cornstarch in a little cold milk, add to the yolks with 4 tablespoonfuls of sugar and add to the hot milk, cook until thick. Just before serving beat a cupful of whipped cream into the custard.

DESSERTS

RASPBERRY PUFFS

1-4 cup shortening
3-4 cup milk
½ cup sugar
1 teaspoon salt
1 egg
2 cups flour
2 teaspoons baking powder
1½ cups canned raspberries—well drained

Cream together the sugar, shortening and egg. Add milk alternately with sifted flour, baking powder and salt. Stir in the berries. Fill greased cups partly full and bake about 15 minutes in 375 degree oven.

SAUCE

1½ cups raspberry juice
½ cup water
½ cup sugar
3 tablespoons cornstarch
1 tablespoon butter

Heat the juice and water to boiling point and pour over the sugar and cornstarch mixed thoroughly together. Cook until thickened. Add butter, serve hot on the Raspberry Puffs.

MARLOW

Melt 27 marshmallows in 2-3 cup of hot water on very low flame. Cool, add juice of 1 lemon and one pint of cream, whipped (measure before whipping). Place in refrigerator pans and let freeze. Usually takes three hours. Any fruit juice may be substituted. Pineapple juice and 1 cup of shredded pineapple is especially nice.

PEACH SHORT CAKE

2 cups flour
1-3 cup shortening
1-4 cup sugar
2 teaspoons baking powder
1 teaspoon salt
1 egg
About ½ cup milk
Oranges or any fruit

Sift the flour, salt, sugar and baking powder together. Crumble the shortening in finely with finger tips. Beat the egg up in measuring cup and fill cup ¾ full. Mix with dry ingredients. Toss on board, roll and cut into five short cakes. Bake in 350 degree F. oven. Split, spread each side with butter, place sweetened fruit on bottom part. Turn top upside down on top of fruit and put more fruit on that. Top off with a bit of sweetened whipped cream. This is a splendid basic short cake recipe.

FROSTED COFFEE

6 cups cold, clear, strong coffee. 1 pint vanilla ice cream. Pour the coffee, which should be ice cold, into a pitcher. Place on a tray containing the glasses, a shaker and a bowl for the ice cream. Put two heaping tablespoons of ice cream into the shaker with a cup of the coffee. Shake until the cream is dissolved, pour into a glass and serve. If desired, a little crushed ice may be put into the shaker for each serving. This should be done in turn for each person. Serves six.

DESSERTS

BANANA MOUSSE

Make a custard of 1 pint of milk, 2 eggs, 1 cup of sugar and ½ teaspoon salt. Allow custard to cool, add 5 mashed bananas and 1 pint of whipped cream (½ pint cream) stir thoroughly. Put in refrigerator pan for 5 hours. Serves 8 to 10 persons.

EVERY MAN'S CHRISTMAS PUDDING

1 cup suet chopped fine, 1 cup molasses with 1 teaspoon soda. Stir until foamy; 1 cup rich milk, 3 cups pastry flour sifted with 2 teaspoons cream of tartar, 1 teaspoon salt, 1 teaspoon cinnamon, ½ teaspoon ground cloves, 1 teaspoon grated nutmeg, ¼ teaspoon mace, 1½ cups seeded raisins chopped, 1 cup currants, ¼ cup orange peel, ½ cup more flour, to flour the fruit. Steam in 1 large or more small molds 4 to 5 hours.

CINNAMON APPLES

Take medium sized tart apples, peel and core. Cover generously with granulated sugar and old-fashioned cinnamon drops and cook in enough water to make rich syrup. When red on one side, turn—let stay in syrup until ready to use, turning occasionally. Serve hot, with meat. Are delicious as a salad, center filled with pineapple and nuts, topped with mayonnaise or whipped cream.

SANDWICHES

"The Earl of Chesterfield gave his name to an overcoat; Lord Brougham to a carriage; the Duke of Wellington to a pair of boots, and the Marquis of Queensbury to a prize fight, but the Earl of Sandwich was the greatest benefactor when he taught us to eat two slices of bread with one slice of meat.

The story is that the Earl of Sandwich was an inveterate card player, and rather than leave the game he bade an attendant bring him a bit of meat between two slices of bread, which he ate while continuing to play."

SANDWICH SPREAD

1 small can of pimentos
1 small bottle ripe olives
1 can deviled ham
2 hard cooked eggs
½ cup mayonnaise
Salt and pepper

Chop pimentos, olives and eggs very fine. Add ham and mix in the mayonnaise, salt and pepper. Spread between slices of well-buttered bread. Nice to have on hand for the hungry child or unexpected guest.

HEARTY SANDWICHES

Boil six eggs thirty-five to forty minutes. Chop fine, add salad dressing and either chopped olives or pimentos. Season highly. Have slices of bread buttered. Place a piece of head lettuce on each slice and cover well with egg mixture. Place a slice of bread on top and cut diagonally. This is a good sandwich to serve with chop suey or creamed meats.

SANDWICHES

EGG AND PIMENTO SANDWICH

1 can pimentos
6 hard cooked eggs
8 sweet pickles
Salad dressing
Lettuce

Chop eggs, pimentos and pickles finely; mix with salad dressing. Spread bread on one side, place on lettuce leaf; put on generous amount of spread, place another slice of buttered bread. Cut diagonally.

RIBBON SANDWICHES

Cream butter, add salad dressing and pimentos chopped very fine, salt and pepper. Cut bread thin. Spread five or six slices with mixture and press together firmly. Cut off crusts and slice diagonally in very thin slices. These are very attractive red and white sandwiches. To make green and white ones, cream a piece of Philadelphia cheese with a little cream, salt, and pepper, and chopped green peppers. Spread bread with this mixture and cut as directed above.

SPRING SANDWICHES

Slice a nice cucumber; let stand in very cold or ice water a while. Into butter, mixed to a cream, mix a little tart salad dressing, some very finely minced onion or chives, and parsley cut very fine. Season well with salt and pepper and spread bread with this mixture. Place a slice of cucumber between two slices of bread, cut round—a little larger than the cucumber.

ROLLED SANDWICHES

Bread must be fresh. Remove crust from whole loaf, let stand in damp cloth. Make a spreading mixture of cream cheese, cream, paprika, pimentos, and salt and spread across the loaf lengthways. Cut in half inch slices the same way the loaf was spread. Begin to roll this long slice on a damp cloth and slice down before serving.

HUDSON SANDWICHES

2 tablespoons shortening
½ pound cooked meat
6 stoned olives
1 teaspoon capers
2 hard cooked eggs
Salt and pepper to taste
Crisp lettuce leaves
12 picked shrimps
Parsley
Brown bread

Put through food chopper cooked meat, olives, capers and yolks of hard cooked eggs, then add shortening and seasonings. Spread mixture on slices of buttered brown bread and stamp them out with a round cutter; sprinkle surfaces of sandwiches with chopped whites of eggs. Dish up in circular fashion. Put lettuce in center with shrimps and a few sprigs of parsley.

PRESERVES

PINEAPPLE & APRICOT MARMALADE

1 can apricots diced
1 No. 2 can pineapple
3 cups sugar

Add one half the juice from both fruits and cook slowly one hour. Add sugar and cook until thick and jelly like. Makes four pints.

APPLE PRESERVES

Melt 1 cup cinnamon drops in a syrup made of 2 cups sugar and ½ cup water. When dissolved drop in quarters of apples (preferably Northern Spies) and cook slowly until apples are clear dark red color.

APRICOT MARMALADE

1 pound dried apricots carefully washed; soak 2 days in 4 cups of water. Add 1 cup canned pineapple liquor. Cook gently for 1 hour. Add 8 cups sugar and 1 cup canned pineapple cut in dice. Simmer gently for ½ hour, or until mixture jellies on cold plate. Pour into hot sterilized glasses, and when set cover with paraffin.

OLD ENGLISH ORANGE MARMALADE

1 doz. sweet oranges sliced very thin, taking out seeds; part of peel may be put through food chopper, 4 lemons sliced thin. Let stand 24 hours in 6 quarts water. Put on to boil for 1 hour. Add 8 pounds sugar and boil 1 hour longer, or until juice threads.

GRAPE CONSERVE

1 whole orange, 5 pounds grapes, 4½ pounds sugar, 2 pounds seedless raisins, 2 pounds English walnuts cut in 1-6 pieces. Cook without walnuts 15 minutes, then add walnuts and cook 15 or 20 minutes.

PEAR CONSERVE

Peel 5 pounds pears and cut in cubes. Add 5 pounds sugar and let stand over night. Drain and boil the syrup until thick. Add pears, 1 pound seeded raisins, ½ pound nut meats cut fine, juice and rind of 3 oranges and 2 lemons. Boil mixture 5 minutes, pour in glasses, cover with paraffin.

BEVERAGES

ICE RUSSIAN COFFEE

3 cups iced cold strong coffee
1 cup cocoa made with milk
4 tablespoons powdered sugar
2 tablespoons cream

Stir these ingredients together in order given. Serve in tall thin glasses half filled with crushed ice with or without a spoonful of sweetened whipped cream. This recipe serves six.

ESSENTIALS IN MAKING GOOD TEA

Use a teaspoon of tea for each cup and an extra spoonful for the pot. Have the water "mad boiling hot." Scald the pot. Pour the water on the tea and allow to draw for at least five minutes. Strain off into another teapot ready to serve.

FRUIT PUNCH

Tea is the usual foundation, sugar syrup should be added in place of sugar, 1 cup orange pekoe tea (½ teaspoon to a cup), ¾ cup orange juice, 1 orange sliced, 1 quart ginger ale, 1 pint loganberry juice, sugar syrup to taste, fresh mint leaves, 1 bottle catalpa grape juice, 1 bottle apollinar's water.

COCOA

(For 6 cups)—5 level teaspoons cocoa, 5 teaspoons sugar, 2 teaspoons cornstarch, pinch salt. Mixed well together, over this pour 1 cup boiling water, let cook well until it thickens, gradually pour over this 1 quart of whole milk and let boil up good. Serve with whipped cream, a marshmallow or plain, ½ teaspoon of vanilla.

FRENCH CHOCOLATE

¼ pound sweet chocolate, 1 pint water, salt, 1 pint milk. Boil chocolate and water until mixture thickens, about 10 min., add the milk. Bring to boiling point, add ½ teaspoon vanilla. Serve with whipped cream.

GRAPE JUICE

10 pounds grapes, 2 quarts water. Cook 10 minutes. Strain in bag but do not squeeze, add 2 lbs. sugar, let come to a boil, skim and bottle.

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